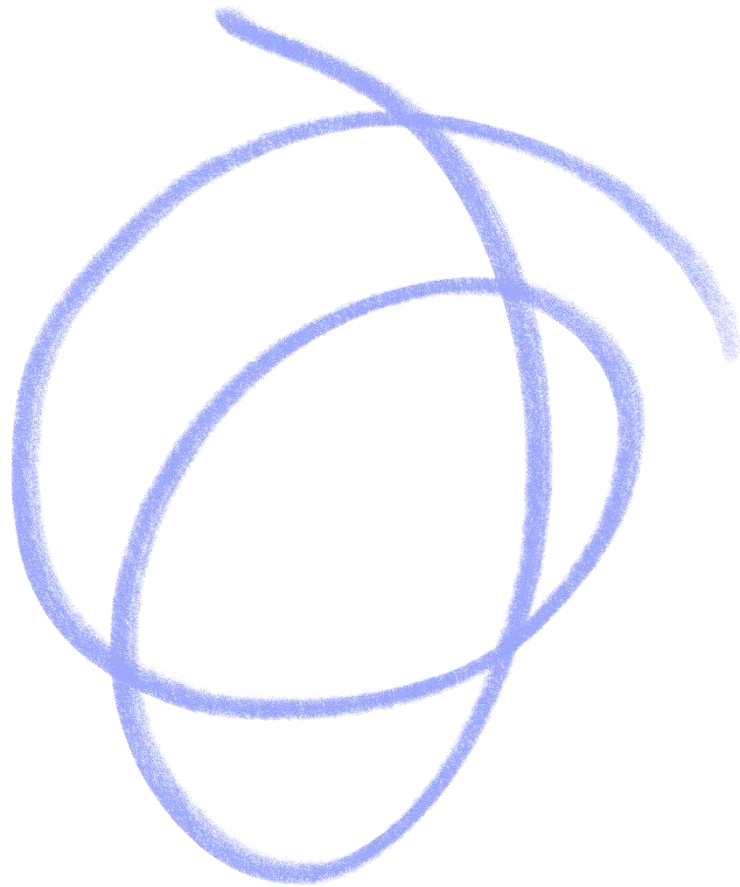


Annual Report 2021-22



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Chair of Trustees Report 2021-22

During the first part of 2021/22 we operated under government Covid-19 restrictions. However, as the year progressed and as the country began to reopen, we were able to resume face to face board meetings. With our original meeting place unavailable we were able to find a new meeting space locally at Branston Pavilion which we found fit for our purposes. During restrictions Zoom meetings had enabled us to fulfil our board procedures, discussion and decision making however meeting in person is without doubt much better.

The board has also changed our meetings schedules to bimonthly meetings this year as this allows more time to prepare agendas and papers. Any necessary consultations and information between meetings are emailed out for feedback between meetings.

Staff and practitioners are working back at our base in Branston Road, however during restrictions we have learned and adopted remote ways of working which allows our clients greater flexibility and choice for the services they receive.

During this period, we started to prepare for Mind Quality Management (MQM). This process allows us to review our governance, policies and procedures and ensure we are operating well and safely. The MQM increases the workload for Lynne and the wider team however we do appreciate that this is a useful and informative process that ensures our service maintains good standards and best practice.

The board have co-opted three new people onto the board, Tom a solicitor who also brings a younger perspective to the panel, Charlene who comes from an educational background and has CEO experience, and Paula who has over 20 years HR experience. They will enhance our board and address some of the skills gaps shown within our recent skills audit.

We had some very sad news this year BJ (Brian Johnson) who retired last year has sadly died. BJ was a Burton and District Mind trustee from the very beginning and will be fondly remembered for his support, dedication, commitment, and repertoire of jokes for every occasion.

As always, a big thank you to my fellow board members for their help support and guidance throughout the year and in especially challenging times. Thanks also to Lynne and the team for their commitment, dedication, and patience over the last year.

Ken Builth

Chair of Board of Trustees

About Burton and District Mind

Established since 1991, Burton and District Mind pride ourselves on delivering compassionate and high quality mental health services. We have consistently provided our community with opportunities for people with mental health problems, delivered emotional support and practical, helpful solutions.

Burton and District Mind is a charity registered in England and Wales (1003397) and a company limited by guarantee: 07438326.

Our Vision

We won't give up until everyone who experiences a mental health problem gets both support and respect.

Our Mission

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Our Values

Service Quality

Integrity

Client Focus

Respect

Inclusivity

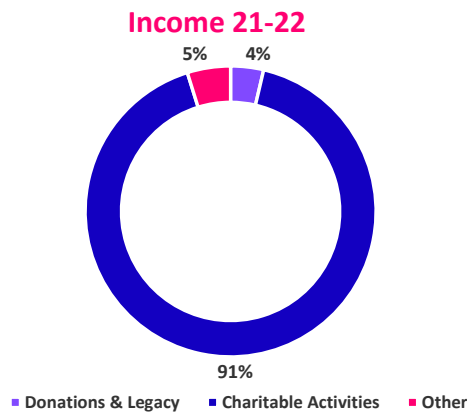
Our Area of Service

- East Staffordshire**
Burton on Trent
Uttoxeter
- Lichfield District**
Lichfield
Burntwood
- Tamworth**



Treasurer's Report 2021-22

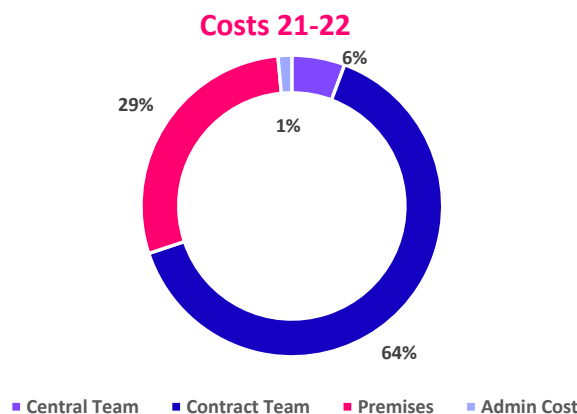
The last year has seen Burton and District Mind grow substantially due to our focus on tendering and successfully winning contracts. This is in line with our strategic goal of ensuring we have financial stability in order to provide long term support to the people of Burton, Lichfield, Uttoxeter, Tamworth and Burntwood.



● Income Year on Year

FY	£k
21 - 22	£416,374
20 - 21	£325,124
19 - 20	£233,526

For the financial year ending 31st March 2022 there has been a 28% increase in income with the main uplifts being Mentor £99.8k, MPFT £30.3k, Trent & Dove £13.1k, Donations £6.9k & Holistic Therapy £6.4k



● Costs Year on Year

FY	£k
21 - 22	£439,828
20 - 21	£272,054
19 - 20	£216,008

Expenditure has increased due to the incremental requirements to recruit new team members to support the new awarded contracts. Costs have also remained a challenge due to the impact of coming out of the covid pandemic with current global economic factors in play, however, we continue to look to ensure that that we control our overheads in order to ensure that money is spent on the people we support.

We have increased our Reserves Fund, which covers our winding up costs should they be required, from £30k to £36k. This is reviewed every 6 months in order to ensure it reflects the current structure/risk.

Summary

As ever the whole team at Burton and District Mind have put their heart and souls into ensuring they can give support to the right people at the right time. They go above and beyond to ensure this is achieved.

There are many new opportunities on the horizon which I am sure will just strengthen the services we provide. The Board of Trustees will ensure that these are in line with our Strategic Plan.

Great year everyone, thank you.

Diane Worley, Treasurer



Chief Officer's Report 2021-22

When I wrote my report last year no one would believe I would still be writing about Covid and its impact this year.

As our organisation emerges from the height of Covid-19 the demand for our services and projects have changed, to some degree our community are still adjusting to the experience of Covid and impact of lockdowns. As an organisation we are very proud that our service remained open and accessible throughout the Covid pandemic and the months that followed.

Our community fundraisers had struggled to complete many of their planned fundraising activities during the Covid lockdowns. We thank them for their resourcefulness, creativity and on-going efforts to achieve such fantastic support for our charity.

The non-IAPT counselling service contract that commenced in May 2020 was increased to support additional demand as Covid restrictions were reduced. The non-IAPT service has continued with online one-to-one consultations and telephone sessions. This was followed by the re-introduction of face-to-face sessions, while using Covid safety guidelines as did our private and low-cost counselling sessions. Furthermore, the Building Better Opportunities project was extended to respond to Post Covid employment support needs and the Trent and Dove Floating Mental Health Support Worker contract was renewed.

The Mind funded Mentor project was launched. This pilot project was designed to support working people to remain in the workplace and gain workplace support.

Throughout the last 12 months there has been wide reaching consultation around Mental Health transformation. We look forward to the new opportunities over the coming months and hope that Burton and District Mind, can secure new work to improve and enhance existing mental health services.

Late spring saw Burton and District Mind launch Eco-Therapy at Muddy Boots. This was an incredibly popular project as it gave an opportunity for people to get out in the fresh air and safely access a project in a therapeutic garden environment. We were also fortunate to be loaned a large garden gazebo, which allowed us to provide holistic and mindfulness sessions outside. It was fantastic for people to be back accessing support and it was also great for our team to finally see face to face services beginning again, albeit in a slightly different and creative way.

In the summer of 2021 staff were able to start to return to the building and, due to demand, we expanded our bank counselling team as part of coming back together as soon as restrictions allowed. We held a team tea party in the garden; this was a wonderful morale booster and a good opportunity for our new team

members to meet in person for the first time. I would like to take the opportunity to thank all our team for their fantastic dedication and commitment. This year has certainly been a difficult journey personally and challenging professionally too.

The whole team rose to unforeseen challenges with amazing resilience, dedication and team spirit and continued to provide amazing support and services for those who needed us during such a difficult time, thank you all so very much.

Lynne Barrell - Chief Officer



Operations Manager's Report 2021-22

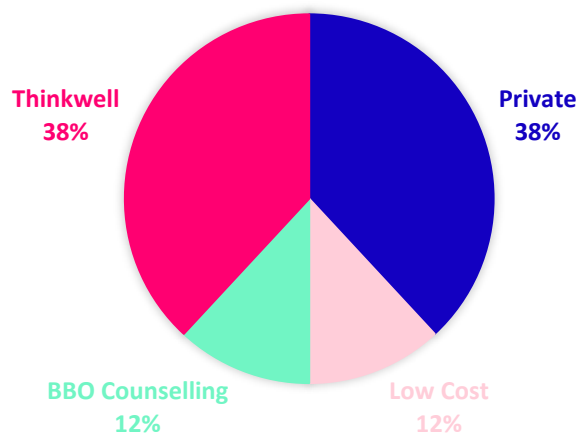
Another year has gone by, and we are still managing to work within the Covid guidelines. Most of our counselling sessions were remote this year and we have started to see clients face to face. We have also seen our team increase with staff and volunteers and it has been great to see the Burton and District Mind team doing so much more. I would like to thank Lynne, Keri, Anthea, Amina and all of our counsellors across the team, who have been alongside me in providing support over the past year and have continued providing the mental health support.

We have been working with the MPFT team during this year, providing our Non-IAPT counselling provision and we have seen progression and increased referrals through the service and the relationship with the Staffordshire Wellbeing Service has grown. We have been invited to their meetings and have communication with the local teams that we work closely with. During this year we have provided 302 completed referrals through Non-IAPT counselling services. These sessions have been provided during working hours and out of hours, which has helped provide more access to our clients. This year has also seen our counsellors provide face to face appointments for clients, as well as remote, and we have been providing these services in Burton and Tamworth. Although there had been some difficulties in adapting to seeing clients face to face from previous remote sessions, the counsellors have done extremely well to fit in with the local wellbeing teams buildings and room availability.

We have seen our Non-IAPT counsellors team increase from 5 to 8 over the past year with Emma Nicholson leaving Burton and District Mind. We had the opportunity to employ more counsellors, including Amy Marlow, Tom Grace, Laura Riley and Alison Fitzsimmons, who join our existing counsellors Dene Lockett, Daniel Harris and David Petch. The new counsellors to join our team consist of a Bank counsellor, as well as previous Placement counsellors who have returned following qualification and gaining more experience from elsewhere. With these extra counsellors we have been able to provide more access to NHS appointments in Burton, Uttoxeter, Tamworth, Lichfield and Burntwood, which has helped bring our average waiting list down for our clients.

Alongside our Non-IAPT counselling team we have also seen an increase of referrals in our Low Cost and Private counselling. This is demonstrated in the pie chart below showing the number of referrals we have received. I have also included the Building Better Opportunities and Thinkwell counselling referrals as these are also completed by our counsellors.

COUNSELLING SERVICES 2021-2022



Some of our bank counsellors have moved on this year and new recruits have joined the team; Sue Smalley and Liz Matthews, our current counsellors Yvonne Bulth and also some of our Non IAPT counsellors have provided availabilities in seeing our Private and Low-cost clients. Counsellors have also provided sessions for the Staffordshire County Council Thinkwell Project, to support the increase in demand for counselling sessions. The increased demand for our Private and Low-cost work has been due to clients choosing the direct route into sessions, with the benefits of being seen sooner and financially contributing towards sessions either through the low-cost or private options.

Young person's counselling at Deferrers School has been extend for another year. This has allowed us to see young people aged 16-19 within the school environment to reduce and provide support with any mental health issues that they may be suffering with. We will continue to explore further funding options to expand this service. We have also been able to provide Holistic Therapy and Mindfulness

sessions to anyone who needs this support and Mindfulness has remained both face to face and remote which provides greater accessibility for our clients.

It has been an amazing year with difficulties, changes and new opportunities and the whole team has really pulled together to adapt through this difficult period. I am excited to see what the future holds for Burton and District Mind, as the past year has shown how much we have grown and how much we will continue to grow in providing support to those who need it.

Zainera Liaqat - Operations Manager



Annual Development and Sustainability Report 2021-22

Overarching Goal

Burton and District Mind to increase sustainable capacity through geographical and community growth, income diversification and increased service user and volunteer involvement, in preparation for future Mental Health contracts

We can report an incredibly exciting year for the Development and Sustainability Team, moving from strength to strength, having greater insight and reach into our communities, and prepared for new Mental Health Transformation contracts.

Community Help: East Staffordshire, Lichfield District and Tamworth Borough

Our Community Help has continued to thrive and support the community to achieve more for itself by upskilling volunteers to play important roles in delivery. We have delivered more work away from Burton on Trent, with emphasis on Burntwood.

Key projects have included:

- Mindfulness Roadshow funded by Coop Dividend Community Trust.
- Virtual Peer Support Group funded by Consociated Charity of Burton on Trent.
- Peer Support Group in Norton Canes sponsored by Arnold Clarke Community Fund.
- Walking Groups and Eco Therapy in Stapenhill and Burntwood funded by Community Foundation for Staffordshire – development of Forest Bathing delivery.
- Mental Health Ambassador Forum – attendance from Community Together CIC, Burntwood Be a Friend, Social Prescribing Link Workers.



Tom, Facilitator and participants at Stapenhill Grow Ecotherapy projects

Volunteer Programme

We have undertaken a redevelopment of the Volunteer Programme. Our programme now recruits people with high skill levels looking to change or enter careers within mental health, recently retired professionals, and people with lived experience of mental health problems with community development aspirations.

Volunteers taking up key roles in:

- Volunteer recruitment and induction.
- Community training.



Advert for the Listening Space at Burton Library

- Communications – branding, social media, internal newsletter.
- Community Help visits to:
 - Places of Welcome
 - Cherry Orchard Garden Services
 - Burton Library Listening Space

We have also increased our capacity to mentor industry placements for Health and Social Care students.

Commercial Modelling

To support our income diversification, we have made key reviews to our fundraising offer and our workplace health offer. This was complemented by a new Communications Strategy driven by the Mind Brand refresh and our Mental Health Ambassador Forum.



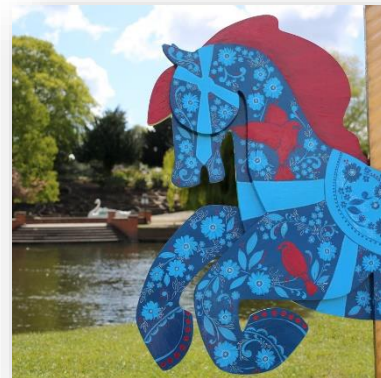
mind Burton and District

Burton and District Mind Social Media Asset

We have increased our web-presence, with a growth in website visits and social media followers. This included a promotional video supported by Making Trails.

We have been extremely fortunate and proud to be chosen as charity of benefit by:

- Making Trails
- Mercer Farming
- JB Kind
- Finch Consulting
- Argos Distribution



Promotion picture for Making Trails Big Burton Carousel



Finch Consulting supporting us as Charity of the Year

We have undertaken a strategic review of Workplace Health offer – we have noted that our strengths include counselling, coaching, and holistic therapy. This enables us to support with training and Away Day activity.

In partnership with North Staffs Mind, we provided a workplace health offer, Mentor. This provided 2 full time Mental Health Employment Liaison Officers as part of the Menth Health Productivity Pilot, funded by Mind and Midlands Engine.

We provided training for several partners across sectors:

- Muddy Boots
- Burntwood Be a Friend
- SCYVS
- Cherry Orchard Garden Services

In addition, Healthwatch Staffordshire funded “A Focus on Mental Wellbeing” a key outcome was psychoeducation at De Ferrers Sixth Form Academy, Burton and South Derbyshire College- Health and Social Care students.

This resulted in 250 hard to reach people in our communities having more information about mental health and relevant services.

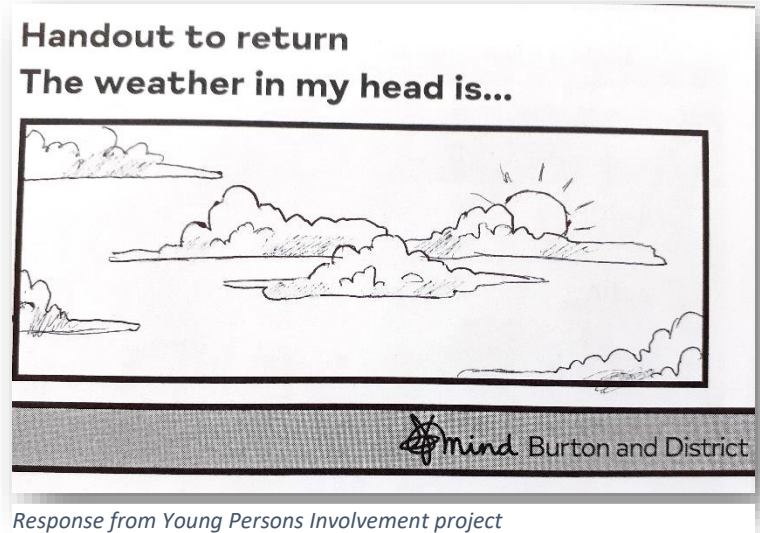


Lesley and David presenting to Health & Social Care students

Increased Capacity and Infrastructure

Following a Development and Sustainability Plan for the year, we updated our Development and Sustainability Strategy to focus on key community objectives for the next few years. This includes:

- a) More work targeting key audiences:
 - People with severe and enduring mental health problems
 - Young people (16-24)
 - Black and ethnic minorities
 - People affected by poverty
 - People with neurodiversity and learning disabilities
- b) Development of Client Relations Management Software, to be part-funded by Mind. Preparation of tenders for Mental Health Transformation
- c) Young Person's Development Report
- d) Influence on Staffordshire County Council Public Health – Community Champions and Mental Health Strategy



In addition, we have updated the Involvement and Participation Policy and have presented this to Mind Federation with 60 participants across the network.

We have identified a need to grow the team further with the role of a Project Support Coordinator and a review of management structures should key contracts be awarded.

The Year Ahead...

We will be looking to mobilise on key Transformation and Mental Health services to expand the reach further and deeper into our communities.

We will be looking to build upon the successes of community fundraising by promoting projects that require funding from corporate funders and starting to host our own activities.

We will be developing projects and solutions to the challenges of our communities and support more people from the audiences identified above – with co-production and participation as key values of delivery.

And we will ensure that we are available and able to support on key infrastructure and team requirements such as the review of the Mind Quality Mark.

Keri Lawrence, Development and Sustainability Officer

Trent and Dove Floating Mental Health Support Worker Report



The Floating support service has been working out of the Burton and District Mind office, due to the Trent and Dove office not being fully open to staff or the public after the pandemic and the Trent and Dove office in Uttoxeter has now closed to the public.

During the last 12 months I have successfully supported tenants within their properties and enabled many to improve their home environments, reduce social isolation and increase their household incomes to better support their needs.

The Floating Mental Health Support Service has supported 80 individual clients in the last 12 months.

I have supported tenants to claim £3,295 in backdated housing benefit or Discretionary Housing Payments, plus supported several clients with benefit tribunals, to challenge DWP decision on benefit claims, with positive outcomes for our clients. A further £1,956 in funds had been secured via charity grants, to enable clients to buy essential furniture items, white goods and carpet their properties.

On several occasions this year I have been able to access the Trent & Dove volunteers' team to maintain some client's gardens and remove unwanted items that affect property condition to up keeping them in line with tenancy agreements. The volunteers also assisted one client to have their property decorated.

I have sign-posted and networked clients to seek support from other appropriate agencies and gain support from social services when personal care was required to improve their quality of support and care. This year I have worked with Direct Help & Advice, Derby Law service, Social Services, New Area, Staffordshire Police, the Community Mental Health team, and numerous other groups and agencies.

I also had the opportunity to attend a 10-week evening class, introductory to counselling course in Nottingham, to help and with my professional development.

John Holt AGM 2021-22

Building Better Opportunities – Employability Project

BBO Evolve through Burton & District Mind has been an amazing project to work on since it began in 2017. I joined as a full-time worker on BBO Evolve in the middle of 2019. The project has flourished in supporting the local community and its people suffering from mental health issues, including health and disabilities. Participants were supported, guided, mentored, and received counselling overcoming multiple barriers. Overall, combined support from Burton & District Mind and employability support through BBO Evolve Project enabled participants to help move forward, think positively, and it improved their mental health and wellbeing, and it helped participants move closer to the labor market by gaining tools and resources that will help them at present and in the future.

Participants improved and increased:

- Confidence, self-esteem, motivation
- Reduced social anxiety and social barriers
- Enhancing on low moods
- Counselling for anxiety and depression
- Supporting participants to know what other support is available locally in the community
- Learning about other organisation's, increasing awareness of support network
- Supporting participants with housing issues, debt issues, benefits and with any other barriers they are facing
- Improving IT skills, improving personal and work skills through employability training and careers advisory
- Supporting participants creating CV, job searching, completing mock interviews
- Supporting participants looking for courses, training, work experience and voluntary work to enhance personal and work skills
- Supporting participants into Education, Training and Employment/Self-Employment
- Supporting participants to become independent

Last year and the start of this year were difficult and challenging, the Covid-19 pandemic affected many participants and the workplace. More people were suffering from poor mental health and wellbeing. Participants were too anxious to meet people or come to appointments and support was provided remotely, however, it was more difficult for those who had limited access to IT or telecommunications.

Mind Burton and District



BBO Evolve Burton and District Mind continued to support its participants the way it suited them and at the same time keeping all safe and healthy. Measures were put in place for participants and staff, and we continued to provide help and support. Again, when lockdown restrictions were lifted, not everyone felt comfortable, they were still anxious, but with time and with the right support some participants restarted face to face sessions. The pandemic has successfully enabled us as an organisation to put other measures and methods of contact in place, making it more flexible to communicate in a way that it suits the participants, it has increased flexibility.

More recently BBO Evolve celebrated the challenges and success faced by all and the hard work put in by All Participants at the Pride of Evolve Event which took place at Burton Albion FC, an award ceremony for our BBO Evolve Participants. BBO Evolve at Burton and District Mind had a lot of nominations and had the greatest number of participant award winners. We had 11 nominations and 4 Award Winners out of 11 categories for the categories for Personal Progression, Positive Outlook, Transformed Life through Learning and Inspiring Journey. All these Nominees and Winners had overcome multiple barriers through BBO Evolve, which is a great achievement for the participant and then progressing towards further success independently.

Sadly, this project will be coming to an end in March 2023. This project has helped and supported many participants to improve their lives and wellbeing by overcoming many barriers and successfully supported many into Education, Training and Employment. Currently we have 15 on caseload with 12 being economically inactive. To date we have achieved 88 starts out of a total project target of 94. We require just 6 more new starts and 8 results/progressions to achieve and hit project life target set by Project Partner Steps to Work.

I will continue to support and recruit as many participants as possible who will benefit from the project and exceed in targets making sure we are reaching out to people who need a project like this in the local community to help improve lives and wellbeing and help them get closer to the labour market.

Amina Miah – BBO project coordinator

Building Better Opportunities – Client Feedback

“Counselling through BBO Evolve has increased my confidence and self-esteem and I am now looking forward to starting work in Jan 2022...”

~Anonymous~

“It has been massively life changing being able to talk to people who are non-judgemental and understand what I need”

~ Natalie ~

“...What brought me to Burton Mind was my loneliness and not wanting to be part of the modern world. So, the help on computer has been magical via BBO Evolve...”

“...Now I have stepped back into life with a job I am good at. I will give it my best shot. The help I have received from Burton Mind has been a life saver.

Thank you doesn't even cover it...”

~ Andrea Brown ~



“ [taking part in the Evolve project] gives you a purpose in life and allows you to put something back into society...”

~ Jason ~



Evolve is funded by the European Social Fund and the National Lottery Community Fund

Holistic Therapy Report - Oct 2021 to Aug 2022

Keri Lawrence, Development and Sustainability Officer

Number of respondents: 27 (22 for Holistic and 5 for Mindfulness)

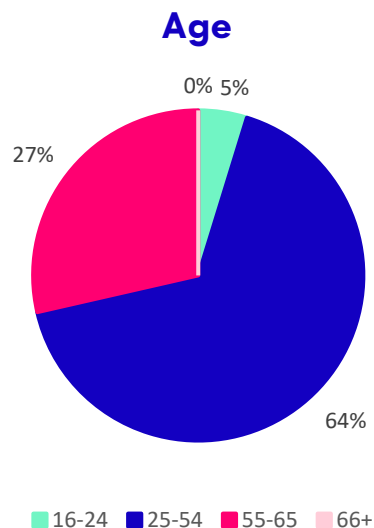
Holistic Therapy (Massage)

	Improvement on Wellbeing	Improvement on Self Esteem	Improvement on Social Connection
Ave Score out of 10	8.27	7.73	7.45
% of participants noting improvement	95%	86%	82%

Net promotor score of 86 (based on Friends and Family Question)

Demographics:

Average Age of participant: 47 years.



Comments made:

- “Room for improvement” i.e., give away affirmations, goals for next time.
- “It’s perfect, that's lovely”
- “I think it’s great”
- “Appointment availability”
- “It is close to perfect”
- “Longer sessions”
- “The service is amazing!”

Mindfulness

	Improvement on Wellbeing	Improvement on Self Esteem	Improvement on Social Connection
Ave Score out of 10	8.20	8.40	8.60
% of participants noting improvement	100%	100%	100%

Net promotor score of 100 (based on Friends and Family Question)

Demographics:

Average Age of participant: 57 years.

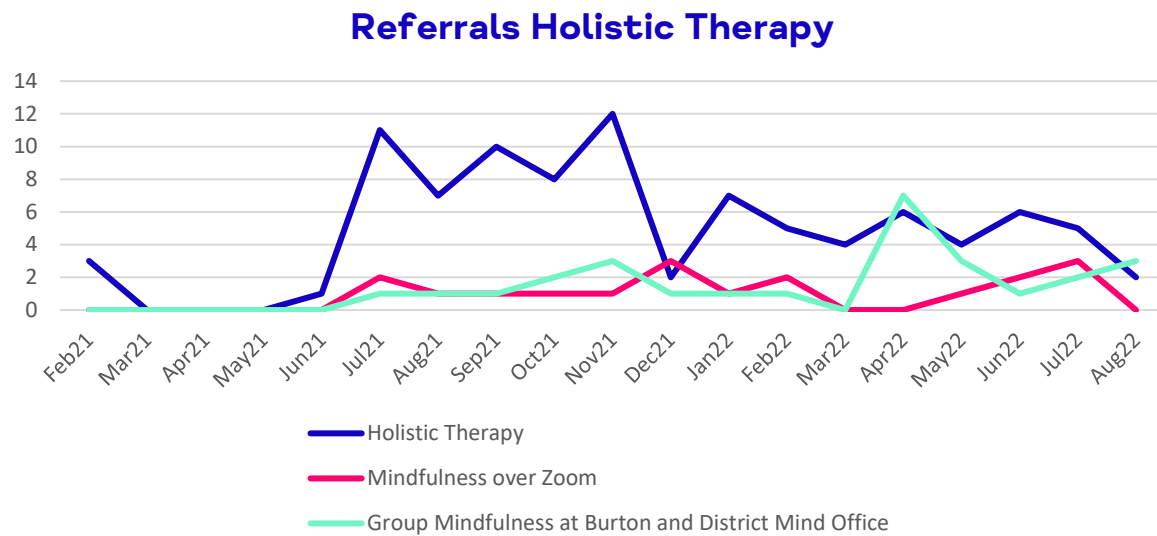
Comments:

“You have it just right”

Other Feedback

"I want to thank you for your sessions, they have helped me greatly. I will miss them, but I have a good foundation to build on my mental health and well-being. You do an amazing job and thanks for helping me through some difficult times."

Trends on Referrals



Conclusions

- Positively received service with strong evidence of increase of wellbeing on scales.
- Dip in referrals to holistic therapy (massage) since 2022.
- General increase in take up of group mindfulness since April 2022 – but numbers still generally low.
- Average age is higher compared to county average (42 years).
- Use of service by males is low – but perhaps not marketed towards male users.
- Users of service by ethnic minorities is low – but perhaps not marketed towards these communities.



Burton and District Mind

End of Year Financial Statements

Year ending 31st March 2022

Burton and District Mind

67 Branston Road, Burton on Trent, Staffordshire, DE14 3BY

w: www.burtonmind.co.uk

e: info@burtonmind.co.uk

Burton and District Mind is a Company Limited by guarantee – Registered in England and Wales

Charity Number - 1140492

Company Number - 07438326

Independent Examiner's Report to Burton and District Mind

I report on the accounts for the year ended 31st March 2022 which are set out on the following pages.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 31/07/22

Name: Victoria Watts

Address: 4 Old Reservoir Lane, Sandown, Isle of Wight, PO36 9RM

Statement of Financial Activities

	Unrestricted funds	Designated funds	Restricted funds	Endowment funds	Total funds	Prior year total funds
Income and endowments from:						
Donations and legacies	1,110	13,612	500	0	15,222	19,096
Income from charitable activities	23,901	66,721	290,503	0	381,125	289,617
Other trading activities	11,786	8,230	0	0	20,016	16,229
Investments	12	0	0	0	12	182
Other income	0	0	0	0	0	0
Total income	36,809	88,563	291,003	0	416,374	325,124
Expenditure on:						
Raising funds	427	0	0	0	427	2,268
Expenditure on charitable activities	88,327	116,066	235,009	0	439,401	269,786
Other expenditure	0	0	0	0	0	0
Total expenditure	88,754	116,066	235,009	0	439,828	272,054
Gains / losses on investment assets	0	0	0	0	0	0
Net income / (expenditure) resources before transfer	(51,945)	(27,503)	55,994	0	(23,454)	53,070
Transfers						
Gross transfers between funds - in	55,967	27,235	9,513	0	92,715	112,887
Gross transfers between funds - out	(5,463)	(24,602)	(62,649)	0	(92,715)	(112,887)
Other recognised gains / losses						
Gains on revaluation, fixed assets, charity's own use	0	0	0	0	0	0
Net movement in funds	(1,442)	(24,870)	2,858	0	(23,454)	53,070
Total funds brought forward	70,009	89,234	34,750	0	193,992	140,922
Total funds carried forward	68,567	64,363	37,608	0	170,538	193,992

Balance sheet

Class and code	Description	This year	Last year
Current assets			
BBOCASH	BBO Petty Cash	15	11
CASH	Petty Cash	39	76
COIF	CBF CoFE Deposit	63,220	63,214
COOPBANK	Coop Current Account	67,680	66,140
DEPOSIT	Coop Deposit Account	63,125	53,119
Z05	Accounts Receivable	31,375	14,685
	Total Current assets	225,454	197,245
Liabilities			
6699	Agency collections	0	0
UNCLEAR	Uncleared Cheques, Payments & Banking	50,404	0
Z04	Accounts Payable	4,512	3,253
	Total Liabilities	54,915	3,253
	Net Asset surplus(deficit)	170,538	193,992
Reserves			
	Excess / (deficit) to date	(23,454)	53,070
Z01	Starting balances	193,992	140,922
	Total Reserves	170,538	193,992

Represented by funds		
Unrestricted	68,567	70,009
Designated	64,363	89,234
Restricted	37,608	34,750
Endowment	0	0
Total	170,538	193,992

Notes

Uncleared Cheques, Payments & Banking of £50,404, relates to deferred income from funder MPFT in relation to contracted counselling costs for the period April 2022 – Nov 2022. This income has been deferred & will be recognised in the accounting periods to which it relates.

Victoria Watts

Dated

31/07/22

For the year ending 31/03/2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Kenneth Builth
Chair

Dated

31/07/22

Statement of assets and liabilities

	General	Designated	Restricted	Endowment	This year	Last year
Current assets - Cash at bank and in hand						
BBO Petty Cash -	(4)	18	0	0	15	11
Petty Cash -	(2,951)	4288	(1297)	0	40	77
CBF CoFE Deposit -	176,597	(118,286)	4908	0	63,219	63,214
Coop Current Account -	(228,115)	178,927	116,867	0	67,679	66,139
Coop Deposit Account -	63,125	0	0	0	63,125	53,119
Totals	72,251	63,963	57,865	0	194,079	182,560
Current assets - Debtors						
Accounts Receivable -	2,184	705	28,486	0	31,375	14,685
Totals	2,184	705	28,486	0	31,375	14,685
Liabilities - Creditors: Amounts falling due in one year						
Accounts Payable -	1,434	305	2,773	0	4,512	3,253
Totals	1,434	305	2,773	0	4,512	3,253
Liabilities - Provision for liabilities and charges due within one year						
Uncleared Cheques, Payments & Banking -	4,433	0	45,970	0	50,404	0
Totals	4,433	0	45,970	0	50,404	0
Grand total	68,567	64,363	37,608	0	170,538	193,992

Fund movement by type

	Opening	Incoming	Outgoing	Transfers	Closing
BMYP – Burton Mind Young Persons Counselling					
Designated	0	0	0	10,140	10,140
Sub-total for BMYP	0	0	0	10,140	10,140
BuildRes – Building Purchase Re					
Restricted	0	0	0	9,513	9,513
Sub-total for BuildReserves	0	0	0	9,513	9,513
CoOpHolist – CoOp Holistic Roadshow					
Designated	0	3,000	127	0	2,873
Sub-total for CoOpHolic	0	3,000	127	0	2,873
ComServ – Community Services					
Designated	8,000	0	0	0	8,000
Sub-total for ComServices	8,000	0	0	0	8,000
ConsolPeer – Consolidate Charities					
Restricted	3,700	0	1,731	(1,969)	0
Sub-total for ConsolPeer	3,700	0	1,731	(1,969)	0
DevSustai – Development & Sustainability Team					
Designated	0	0	14,324	0	(14,324)
Sub-total for DevSustainability	0	0	14,324	0	(14,324)
DuchyLan – Duchy Lancaster / Com. Foundation					
Restricted	0	2,000	1,385	(615)	0
Sub-total for DuchyLancater	0	2,000	1,385	(615)	0
EcoTh – EcoTherapy					
Designated	1,398	0	1,902	4,730	4,226
Sub-total for EcoTherapy	1,398	0	1,902	4,730	4,226
GROW – Grow Eco Therapy – Doing Our Bit					
Designated	2,173	0	1,684	(489)	0
Sub-total for GROW	2,173	0	1,684	(489)	0
HandinHand – HandInHand					
Restricted	0	500	500	0	0
Sub-total for HandinHand	0	500	500	0	0
HealthWatc – Healthwatch – Young					
Restricted	0	750	168	0	582
Sub-total for HealthWatch	0	750	168	0	582
Holistic60 – Strachan & Buxton Trust					
Restricted	0	3,000	0	0	3,000
Sub-total for Holistic60+	0	3,000	0	0	3,000
MPFT – Midlands Partnership					
Restricted	0	161,975	130,929	(31,046)	0
Sub-total for MPFT	0	161,975	130,929	(31,046)	0
MPFTExtra – Midlands Partnership					
Restricted	0	22,985	14,344	(8,642)	0
Sub-total for MPFTExtra	0	22,985	14,344	(8,642)	0
Mentor – Mentor Project					
Restricted	0	99,793	75,806	0	23,987
Sub-total for Mentor	0	99,793	75,806	0	23,987
Mercer – Mercer Funding					
Designated	6,000	0	0	0	6,000
Sub-total for Mercer	6,000	0	0	0	6,000

Burton and District Mind – Charity No. 1140492
Company No. 07438326

NatMind - Mind - National					
Restricted	500	0	423	0	77
Sub-total for NatMind	500	0	423	0	77
NatMindCRM - Mind - National – CRM Fund					
Designated	0	6,300	8,044	0	(1,744)
Sub-total for NatMindCRM	0	6,300	8,044	0	(1,744)
NatMindPar - Mind - National – Participation Grant					
Restricted	1,800	0	420	(1,380)	0
Sub-total for NatMindPar	1,800	0	420	(1,380)	0
Toyota - Toyota - Kingfisher					
Restricted	1,928	0	1,260	(667)	0
Sub-total for Toyota	1,928	0	1,260	(667)	0
WillsPeer - Wills & Trusts – Peer Support					
Designated	0	500	9	0	491
Sub-total for WillsPeer	0	500	9	0	491
General - General fund					
Unrestricted	70,009	36,809	88,754	50,503	68,567
Sub-total for General	70,009	36,809	88,754	50,503	68,567
BBO - Building Better Opportunities					
Designated	0	27,179	31,365	4,186	0
Sub-total for BBO	0	27,179	31,365	4,186	0
GSTGo - Get Set to Go					
Designated	1,528	0	0	(1,528)	0
Sub-total for GSTGo	1,528	0	0	(1,528)	0
TTAX - Tampon Tax					
Designated	3,716	0	0	(3,716)	0
Sub-total for TTAX	3,716	0	0	(3,716)	0
Thinkwell - Thinkwell counselling					
Designated	0	8,230	3,690	(4,540)	0
Sub-total for Thinkwell	0	8,230	3,690	(4,540)	0
TrentDMHW - Trent and Dove MH support worker					
Designated	0	31,819	27,687	(4,132)	0
Sub-total for TrentDMHW	0	31,819	27,687	(4,132)	0
BMindCouns - Burton Mind Counselling					
Designated	13,061	1,343	3,506	1,344	12,242
Sub-total for BMindCouns	13,061	1,343	3,506	1,344	12,242
CompTher - Complimentary Therapy					
Designated	4,391	430	4,512	150	459
Restricted	3,961	0	1,619	(1,893)	449
Sub-total for CompTher	8,352	430	6,131	(1,743)	908
CiN - Children in Need					
Restricted	21,517	0	6,424	(15,093)	0
Sub-total for CiN	21,517	0	6,424	(15,093)	0
YPCOUNS - Young persons counselling					
Restricted	1,344	0	0	(1,344)	0
Sub-total for YPCOUNS	1,344	0	0	(1,344)	0
Reserves - Reserves					
Designated	30,000	0	0	6,000	36,000
Sub-total for Reserves	30,000	0	0	6,000	36,000
AvailRes - Available Reserves					
Designated	18,967	9,762	19,216	(9,513)	0
Sub-total for AvailReserves	18,967	9,762	19,216	(9,513)	0
Grand total	193,992	416,374	439,828	0	170,538

Analysis of income and expenditure

					Total	
	Unrestricted	Designated	Restricted	Endowment	This year	Last year
INCOME AND ENDOWMENTS						
Donations and legacies						
1010 - Income training courses for other Org.	330	0	0	0	330	1,226
1015 - Donations (BACT)	0	0	0	0	0	8,000
1035 - Fund raising activities	0	243	0	0	243	910
1040 - Counselling Donations	0	0	0	0	0	25
1050 - Donations General	920	11,149	500	0	12,569	7,659
1080 - Mission Fish, Everyclick, MyDonate etc.	0	0	0	0	0	167
1090 - Charity Payments from Amazon Pay Pal etc	0	834	0	0	834	259
1099 - HMRC Gift Aid Income	(140)	0	0	0	(140)	850
1155 - Legacies - Designated	0	1,387	0	0	1,387	0
Total	1,110	13,612	500	0	15,222	19,096
Income from charitable activities						
2040 - 16-18 yrs counselling	0	0	0	0	0	6,678
2040R - 16-18 yrs - CiN	0	0	0	0	0	17,612
2150 - Complimentary Therapy	60	20	0	0	80	0
2150D - Complimentary Therapy	0	3,360	0	0	3,360	0
2150R - Complimentary Therapy	0	0	3,000	0	3,000	0
2170 - Trent & Dove	3,883	0	0	0	3,883	1,650
2170R - Trent & Dove	0	31,819	0	0	31,819	20,908
2190 - Other Grants	0	0	0	0	0	6,800
2190CRM - National Mind CRM Fund	0	3,000	0	0	3,000	0
2190DUCHY - Duchy Lancaster / Com. Fund	0	0	2,000	0	2,000	0
2190GROW - Income - Grow Eco Therapy	0	0	0	0	0	2,500
2190HEALTH - Healthwatch - Young Person	0	0	750	0	750	0
2190M - Mercer Funding	0	0	0	0	0	6,000
2190MENTOR - Mentor Project Income	0	0	99,793	0	99,793	0
2190MID - Income - Midlands Engine	0	0	0	0	0	1,997
2190MIND - National Mind Funding	0	0	0	0	0	500
2190NMP - National Mind - Participation	200	0	0	0	200	1,800
2190PEER - Consol. Charities Peer Support	0	0	0	0	0	3,700
2190TOY - Toyota - Kingfisher Ecotherapy	0	0	0	0	0	2,000
2201D - Burton Mind Counselling	0	1,343	0	0	1,343	10,657
2BBOD - BBO income	0	27,179	0	0	27,179	32,423
2MPFT - MPFT General	19,758	0	0	0	19,758	14,654
2MPFTR - MPFT Restricted	0	0	184,960	0	184,960	159,738
Total	23,901	66,721	290,503	0	381,125	289,617
Other trading activities						
3010 - Private Counselling	11,770	0	0	0	11,770	8,310
3020D - Thinkwell	0	8,230	0	0	8,230	7,915
3070 - Postage Stamp sales etc	16	0	0	0	16	4
Total	11,786	8,230	0	0	20,016	16,229
Investments						
4010 - Interest Received - Bank	12	0	0	0	12	182
Total	12	0	0	0	12	182
Other income						
Total	0	0	0	0	0	0
INCOME TOTAL	36,809	88,563	291,003	0	416,374	325,124

EXPENDITURE

Raising funds

6010 - Training for outside organisations	0	0	0	0	0	2,268
6020 - Fundraising expenses	427	0	0	0	427	0
Total	427	0	0	0	427	2,268

Expenditure on charitable activities

7501 - Insurance	1,559	0	0	0	1,559	2,454
7502 - Heat & Light	1,637	0	0	0	1,637	2,555
7503 - Rent/Lease	9,095	200	215	0	9,510	9,000
7504 - Council Tax / Business rates	0	0	0	0	0	(1,267)
7505 - Water Rates	146	0	0	0	146	169
7511 - Security / Mace fire alarm	195	0	0	0	195	447
7522 - Computers and software	295	8,044	2,841	0	11,179	7,101
7522MID - Computer Equip - Midlands Engine	0	0	0	0	0	1,593
7531 - General Repairs & Renewals	33	0	0	0	33	284
7541 - Cleaning Materials	145	0	48	0	193	55
7542 - Waste Services	440	0	0	0	440	437
7551 - Sundry Expenditure	116	44	38	0	198	176
7561 - Gifts	75	0	0	0	75	52
7600 - BME Project Worker	0	50	0	0	50	0
7600GROW - Project Worker GROW	0	688	250	0	938	0
7600MENTOR - Mentor Project Costs	0	0	45,276	0	45,276	0
7610 - Salaries Pensions NI - General	61,706	19,142	28,079	0	108,927	81,352
7610D - Salaries Pensions NI - Trent Dove	0	26,083	0	0	26,083	23,453
7610DEV - Development & Sustainability	0	14,282	0	0	14,282	0
7630 - Staff Expenses	169	220	352	0	742	248
7630CINR - Staff Expenses - CiN	0	0	0	0	0	60
7630DEV - Development & Sustainability Exp	0	43	95	0	137	0
7630TDMHWD - Staff Expenses - Trent Dove	0	965	0	0	965	329
7650 - Volunteer Expenses	228	9	978	0	1,215	0
7670 - Staff & Trustee Training	138	370	71	0	579	72
7680D - Well-being Courses	0	0	0	0	0	299
7690 - Complimentary Therapy - Gen	86	2,056	1,725	0	3,867	2,292
7690D - Complimentary Therapy - Des	0	4,632	0	0	4,632	0
7690R - Complimentary Therapy - Res	0	0	1,619	0	1,619	0
7695D - Burton Mind Counselling	(546)	3,506	0	0	2,960	1,616
7710 - Telephone	154	202	277	0	633	1,385
7710MID - Telephone Costs - Midlands Engine	0	0	0	0	0	405
7720 - Stationery	186	16	44	0	245	83
7730 - Postage & Stamps	94	11	33	0	139	30
7740 - Internet	616	0	0	0	616	0
7750D - N3 connection	0	0	0	0	0	71
7760 - Photocopier Expenses	1,169	0	33	0	1,202	1,046
7770 - Office Equipment	199	0	137	0	336	66
7771DUCHY - Gardening Supplies	0	0	161	0	161	0
7771GROW - Gardening Equipment - GROW	0	93	0	0	93	0
7771KING - Gardening Equipment - Kingfisher	0	0	143	0	143	0
7820 - CRB / DBS Fees	372	48	144	0	565	495
7820GROW - DBS Fees - Grow	0	0	0	0	0	48
7830 - Subscriptions	299	9	727	0	1,035	45
7840 - Professional Fees	783	0	0	0	783	2,183
7850 - Advertising	340	0	96	0	436	83
7910R - Counselling	0	0	0	0	0	390
7920 - Counsellors Supervision	560	0	0	0	560	330
7950R - Under 25 - Counselling	0	0	0	0	0	234
7950TTD - Uner 25 - TTax	0	0	0	0	0	130
7960 - Private Counselling	8,036	300	100	0	8,436	5,577
7970D - Thinkwell counselling	0	3,690	0	0	3,690	4,262
7990CINR - DNA - CiN	0	0	20	0	20	96

Burton and District Mind – Charity No. 1140492
Company No. 07438326

7999CINR - Counselling 16-18 yr - CiN	0	0	6,306	0	6,306	4,775
7999TTD - Counselling 16-18 yr - TTax	0	0	0	0	0	26
7B01 - BBO staff costs	0	30,988	0	0	30,988	26,723
7B02 - BBO Consumables	4	130	0	0	134	272
7B03 - BBO Equipment	0	120	0	0	120	0
7B06 - BBO Participants Exp inc childcare	0	34	0	0	34	655
7B07 - BBO Staff Expenses	0	90	0	0	90	72
7M01 - MPFT Adult Counsellors	0	0	140,787	0	140,787	85,947
7M02 - MPFT Supervision	0	0	3,335	0	3,335	1,268
7M04 - MPFT Mobile Phone	0	0	886	0	886	312
7M05 - MPFT DBS checks	0	0	193	0	193	0
Total	88,327	116,066	235,009	0	439,401	269,786

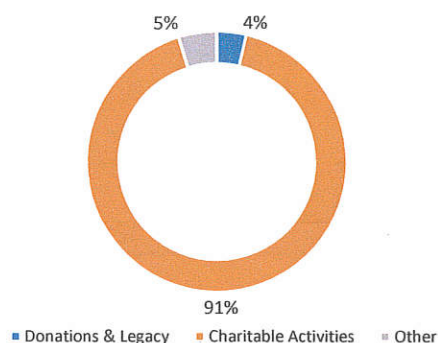
Other expenditure

Total	0	0	0	0	0	0
EXPENDITURE TOTAL	88,754	116,066	235,009	0	439,828	272,054
GRAND TOTAL	(51,945)	(27,503)	55,994	0	(23,454)	53,070

Burton and District Mind Treasurers Report 01.04.21 to 31.03.22

The last year has seen Burton and District Mind grow substantially due to our focus on tendering and successfully winning contracts. This is in line with our strategic goal of ensuring we have financial stability in order to provide long term support to the people of Burton, Lichfield, Uttoxeter, Tamworth and Burntwood.

Income 21-22



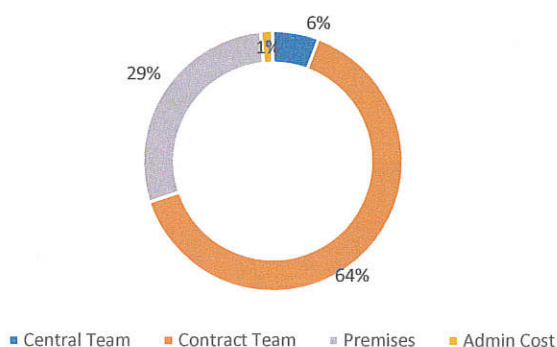
Year on Year

FY	£k
21 - 22	£416,374
20 - 21	£325,124
19 - 20	£233,526

For the financial year ending 31st March 2022 there has been a 28% increase in income with the main uplifts being:

- Mentor £99.8k
- MPFT £30.3k
- Trent & Dove £13.1k
- Donations £6.9k
- Holistic Therapy £6.4k

Costs 21-22



Year on Year

FY	£k
21 -22	£439,828
20 - 21	£272,054
19 - 20	£216,008

Expenditure has increased due to the incremental requirements to recruit new team members to support the new awarded contracts. The main increases have been across the MPFT and Mentor contracts, £57.k and £45.3k respectively, along with an increase of £41.9k in central team salaries which includes the addition of the Development and Sustainability team.

Costs have also remained a challenge due to the impact of coming out of the covid pandemic with current global economic factors in play, however, we continue to look to ensure that that we control our overheads in order to ensure that money is spent on the people we support.

In Year Surplus/(Deficit)

FY	£k
21 - 22	(£23,454)
20 - 21	£53,070
19 - 20	£17,517

The 21/22 deficit is primarily due to using our available reserves to fund the addition of a Development & Sustainability Officer. This enabled additional funds to be sourced and brought into the charity, which were subsequently spent on supporting more service users.

Balance Sheet

	21-22	20-21	19-20
Current Assets			
- Cash	£194,078	£182,559	£128,452
- Debtors	£31,374	£14,685	£13,808
Current Liabilities			
- Creditors	£4,511	£3,252	£1,338
- Provisions	£50,403	£0	£0
Total	£170,538	£193,992	£140,922

Debtors include March invoices for 3 contracts and 1 confirmed donation.

Provisions relate to deferred income, funding additional counsellors from April 2022 to Nov 2022 and which will be recognised in the accounting periods to which it relates.

We have increased our Reserves Fund, which covers our winding up costs should they be required, from £30k to £36k. This is reviewed every 6 months in order to ensure it reflects the current structure/risk.

Summary

As ever the whole team at Burton and District Mind have put their heart and souls into ensuring they can give support to the right people at the right time. They go above and beyond to ensure this is achieved.

There are many new opportunities on the horizon which I am sure will just strengthen the services we provide. The Board of Trustees will ensure that these are in line with our Strategic Plan.

Great year everyone, thank you.

Diane Worley

Treasurer

Diane Worley

Dated

18/07/2022

Independent Examiner's Report to Burton and District Mind

I report on the accounts for the year ended 31st March 2022 which are set out on the following pages.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Date: 31/07/22

Name: Victoria Watts

Address: 4 Old Reservoir Lane, Sandown, Isle of Wight, PO36 9RM